


Any concerns please contact the dental nurses on 021487914 or 0800 825 583.


FAT




The amount of fat in breakfast cereals can vary a lot.

Always read the label and ingredients list to find a healthy choice.

Tip: Toasted muesli can be high in fat as oil is added when baked.




FIBRE



Try choosing breakfast foods with more than 5g of fibre per 100g.

Fibre helps keep you fuller for longer and aids digestion.

Try adding fresh fruit to your breakfast for extra fibre.



Community News

Junior Rugby The re-scheduled date for the junior rugby milo morning is Sunday 30 March, 10.00am, at the Otorohanga Sports Club.

BikeWise 2014 in Waitomo District with Te Kuiti Police, Waitomo District Council and Sport Waikato Waitomo. Mayoral Community Ride – Follow Mayor Brian Hanna around a 5km Te Kuiti town course. Register between 4.30pm and 5.30pm at Te Kuiti Domain (opposite Te Kuiti Primary School). Tuesday 1 April. *Cyclists over 8 yrs and under 10 must be accompanied by an adult.*

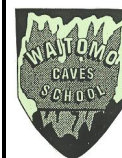
Also a Fun 1km Pavement Pedal ride for ages 7 and under (scooters welcome). Enjoy a FREE SWIM and healthy snacks for all at Te Kuiti Heated pools after the events. School Competition prizes and competition bike draw (winner must be present). Event SPOT PRIZES with thanks to the Lines Company for sponsorship. Enquiries: Dede Downs, Sport Waikato Waitomo district co-ordinator, 878 7867 or ddowns@sportwaikato.org.nz. Natasha Scarlett, WDC Road Safety Co-ordinator, 878 0800 or ns@waitomo.govt.nz.

Art Exhibition a collection of new works by Creative Waitomo, 54 Te Kumi Road, Te Kuiti, opposite Bosco Café. Official opening Friday 28 March, 5.00pm to 7.00pm. Exhibition open 29 March to 13 April, 10.00am to 4.00pm daily.

What's Coming Up At Waitomo Caves School

22 March	Waitomo Sports Day
1 April	BOT Meeting
4 April	Rachel's last day
10 April	Touch finishes
11 April	Dental nurse visitors
12 April	Soccer opening day tournament
17 April	Community Assembly
17 April	End of Term 1
5 May	Start of Term 2

Mrs Tamae Dimond, Principal ☺



Newsletter

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Waitomo Caves

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Whaia te ara totika – Make the Right Choice

Term One 2014

Week Seven – 21 March

Dear Parents, Caregivers, Whanau and Friends of the School

Tena Koutou Katoa

Thank you to everyone for your patience and efforts in the trialling of our change of school hours. As the weeks go on I look forward to feedback about the earlier start, earlier finish scenario.

Swimming Sports

Congratulations to Blaze, Peta, Arahia, Jessie, Kyah, Keely, Siân, Max, and Tame for swimming extremely well at the Waitomo Interschool's Swimming Sports recently. As you can see from the special ribbons, everyone received second and third placings in individual strokes and relay. Well done Max for receiving a first placing in breaststroke.



• Private Bag 501, Otorohanga.
• Telephone (07) 878-8227 • Facsimile (07) 878 8858

Proudly Supporting Waitomo Caves School

Camp

The Tokikapu Marae camp was enjoyed by the students, who participated in kapa haka, flax weaving, hangi preparations and cultural activities. Thank you parents for providing a well-received evening meal on the first night and supporting the children in their camp activities. Special thanks to our parent helpers Vickie, Alannah, Johanna, Adrian and Batch for all their supporting roles. Thank you Julian for organising the hangi, and Paki and Mitch for helping out. Thank you Marci for getting the hangi wood and Ben for providing the mutton.

We appreciate Mrs Helen Roberts for taking groups through flax weaving activities and Whaea Te Ingo for Maori Performing Arts.

Thank you Curly for providing a van for children to continue with their sports training and Rudy for transporting them.

Mr Dimond and Totara class thank Mitch, Suz and Jodie for their support. Ms Easton and Kowhai class thank Maree, Lana, Jodie and Suz for helping with transport and spending the day with the children.

The students would like to thank Huia Davis and Aunty Josephine for their special welcome to our marae and allowing us to spend time at Tokikapu.



Waitomo Sports Day Kapa Haka

Children are performing kapa haka at 10.00am at the Sports Day tomorrow. Please meet Mrs Dimond and Whaea Te Ingo outside the pavilion at 9.00am. Boys will need to be wearing black short shorts. Girls will need a black skirt to their knees or black tights. Girls playing touch will need to bring their school sports tops to wear, others will be given one to wear on the day.

Sports Day Canteen

This is one of the schools biggest fundraiser events for the year. We need lots of support to get through the busy day. Thank you to those who have done so much already. We look forward to a great day and hope everyone can be involved to help raise funds for a playground upgrade.

College Experience Day

Our Year 8's are involved in the Otorohanga College experience day today where they participate in a variety of subjects in specialist rooms. This is an introduction to getting to know the college and how their timetables work.

Winter Sports

Thank you parents for attending the recent winter sports muster.

Expressions of interest for soccer have been received and registrations have closed. The NKCJF opening day tournament has been put back a week to Saturday 12 April. Confirmation of teams will be distributed early April.

Parents have been informed of rugby and netball with more information to come before the end of the term.

Touch

The Te Kuiti children's touch tournament continues to go well for students in all grades. Games are played on Thursday's afterschool, at the high school. There are a couple of changes with training sessions. Angel's team, the Waitomo Sharks will now train on Monday's afterschool at approx. 3.10pm. Tanchia's team, the Waitomo Sparks will now train on Friday's afterschool starting at 2.45pm.

Dental Visit

The dental team will be visiting our school on Friday 11 April to apply fluoride. The fluoride will only be applied to those children whose parents have consented for it which was done prior to their last visit in 2013.